

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A140 – PEAS, CANNED, GREEN, #10



### Nutrition Information

Peas, regular pack, drained solids

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better green peas of the sweet or early variety.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz green peas and liquid.</li> <li>One #10 can AP yields about 68.0 oz (9<math>\frac{1}{8}</math> cups) heated, drained peas and provides about 36.7 <math>\frac{1}{4}</math>-cup servings heated, drained peas OR about 10 <math>\frac{1}{5}</math> cups drained, unheated peas and provides about 42.0 <math>\frac{1}{4}</math>-cup servings drained, unheated peas.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup heated, drained green peas OR <math>\frac{1}{4}</math> cup drained, unheated green peas provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned green peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of green peas covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li><b>STOCK POT OR STEAM JACKETED KETTLE:</b> Drain off half the liquid in the can. Pour green peas and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> </ul>

	$\frac{1}{4}$ cup (43 g)	$\frac{1}{2}$ cup (85 g)
Calories	29	59
Protein	1.88 g	3.76 g
Carbohydrate	5.35 g	10.69 g
Dietary Fiber	1.7 g	3.5 g
Sugars	1.77 g	3.54 g
Total Fat	0.15 g	0.30 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.81 mg
Calcium	8 mg	17 mg
Sodium	107 mg	214 mg
Magnesium	7 mg	14 mg
Potassium	74 mg	147 mg
Vitamin A	227 IU	453 IU
Vitamin A	11 RAE	23 RAE
Vitamin C	4.1 mg	8.2 mg
Vitamin E	0.01 mg	0.03 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>  <b>(cont'd)</b>	<ul style="list-style-type: none"> <li>STEAMER: Pour green peas and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE.</li> <li>Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green peas to serve soon after heating.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve canned green peas in salads, or heated in soups and main dishes. Serve canned green peas with small new potatoes, pearl onions, and/or turnips.</li> <li>Combine green peas with carrots, dill seed, or with onions and chopped pimento.</li> <li>Add flavor to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>